

| Fitness measures and demographic attributes | | | | | | |
|---|-------|------|--|--|--|--|
| Free recall (immediate) | | | | | | |
| Free recall (delayed) | | | | | | |
| Naturalistic recall (immediate) | -1.00 | 1.00 | | | | |
| Naturalistic recall (delayed) | -1.00 | 1.00 | | | | |
| Foreign language flashcards (immediate) | | | | | | |
| Foreign language flashcards (delayed) | | 1.00 | | | | |
| Spatial learning (intercept) | | | | | | |
| Spatial learning (slope) | | | | | | |
| BMI | | | | | | |
| body fat | | | | | | |
| weight | | | | | | |
| resting heart rate: recent | | | | | | |
| resting heart rate: recent/baseline | | | | | | |
| sleep duration: recent | | | | | | |
| sleep duration: recent/baseline | | | | | | |
| steps: recent | | | | | | |
| steps: recent/baseline | | | | | | |
| distance: recent | | | | | | |
| distance: recent/baseline | | | | | | |
| elevation: recent | | | | | | |
| elevation: recent/baseline | | | | | | |
| floors climbed: recent | | | | | | |
| floors climbed: recent/baseline | | | | | | |
| light activity: recent | | | | | | |
| light activity: recent/baseline | | | | | | |
| fair activity: recent | | | | | | |
| fair activity: recent/baseline | | | | | | |
| high intensity activity: recent | | | | | | |
| high intensity activity: recent/baseline | | | | | | |
| excess calories: recent/baseline | | | | | | |
| excess calories: recent | | | | | | |
| out-of-range HR: recent | | | | | | |
| out-of-range HR: recent/baseline | | | | | | |
| fat burn HR: recent | | | | | | |
| fat burn HR: recent/baseline | | | | | | |
| cardio HR: recent | | | | | | |
| cardio HR: recent/baseline | | | | | | |
| peak HR: recent | | | | | | |
| peak HR: recent/baseline | | | | | | |
| HR variability | | | | | | |
| Age | | | | | | |
| Gender female | | | | | | |
| Gender male | | | | | | |
| Gender prefer not to say | | | | | | |
| Race american indian or alaska native | | | | | | |
| Race asian | | | | | | |
| Race black or african american | | | | | | |
| Race other | | | | | | |
| Race prefer not to say | | | | | | |
| Race white | | | | | | |
| Degree associate's degree | | | | | | |
| Degree college graduate | | | | | | |
| Degree doctorate | | | | | | |
| Degree high school graduate | | | | | | |
| Degree master's degree | | | | | | |
| Degree other graduate/professional school | | | | | | |
| Degree some college | | | | | | |
| Degree some graduate training | | | | | | |
| Number fluent languages | | | | | | |
| Number familiar languages | | | | | | |
| Color vision | | | | | | |
| Vision impaired | | | | | | |
| Health and wellness anxiety or depression | | | | | | |
| Health and wellness high blood pressure | | | | | | |
| Health and wellness bipolar | | | | | | |
| Health and wellness hypothyroid | | | | | | |
| Health and wellness unspecified medications | | | | | | |
| Health and wellness recent head injury | | | | | | |
| Current stress | | | | | | |
| Typical stress | | | | | | |
| Current / typical stress | | | | | | |
| Alertness | | | | | | |
| Water intake | | | | | | |
| Coffee intake | | | | | | |
| Location large city | | | | | | |
| Location rural | | | | | | |
| Location small city | | | | | | |
| Location small town | | | | | | |
| Location suburban | | | | | | |
| Occupation activity level | | | | | | |
| Reported exercise today | | | | | | |
| Accurate exercise report | | | | | | |
| Plan to exercise | | | | | | |
| Reported exercise frequency | | | | | | |
| Reported exercise accuracy | | | | | | |
| Exercise motivation sentiment | | | | | | |
| Tracker motivation sentiment | | | | | | |
| Clarity fitbit setup | | | | | | |
| Clarity free recall (immediate) | | | | | | |
| Clarity free recall (delayed) | | | | | | |
| Clarity vocab learning (immediate) | | | | | | |
| Clarity vocab learning (delayed) | | | | | | |
| Clarity spatial learning (immediate) | | | | | | |
| Clarity naturalistic recall (immediate) | | | | | | |
| Clarity naturalistic recall (delayed) | | | | | | |
| Clarity survey | | | | | | |
| Clarity overall | | | | | | |
| Difficulty free recall (immediate) | | | | | | |
| Difficulty free recall (delayed) | | | | | | |
| Difficulty vocab learning (immediate) | | | | | | |
| Difficulty vocab learning (delayed) | | | | | | |
| Difficulty spatial learning (immediate) | | | | | | |
| Difficulty naturalistic recall (immediate) | | | | | | |
| Difficulty naturalistic recall (delayed) | | | | | | |
| Feedback number of words | | | | | | |
| Feedback sentiment | | | | | | |